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(54) TONING GARMENT WITH MODULAR RESISTANCE UNIT DOCKING PLATFORMS

(71) Applicant: **Tau Orthopedics, LLC**, Coto de Caza,

CA (US)

(72) Inventors: **Gerard von Hoffmann**, Coto de Caza, CA (US); **Belinko K. Matsuura**, Solana Beach, CA (US); **David G. Matsuura**,

Solana Beach, CA (US)

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9,327,156, which is a continuation-in-part of application No. 14/192,805, filed on Feb. 27, 2014, now abandoned.

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(57) ABSTRACT

Disclosed is a technical training garment configured for use with modular, interchangeable electronics and resistance modules. The garment provides resistance to movement throughout an angular range of motion and tracks biomechanical parameters such as stride length, stride rate, angular velocity and incremental power expended by the wearer. The garment may be low profile, and worn by a wearer as a primary garment or beneath or over conventional clothing. Alternatively, the device may be worn as a supplemental training tool during conventional training protocols.

